

# Senior Division, Grades 7 and 8

1) CIAC high school rules apply except as noted below:

a) Games consist of (4) 8 minute stop time quarters, plus 2 minute overtime periods if applicable.

b) Substitutions are allowed once per quarter, per team, at any dead ball, at approximately the 4-minute mark. (Games are effectively 8 periods of 4 minutes of playing time each depending on when a team substitutes). All players on the bench (up to 5) must be inserted at this time. Substitutions can always be made for safety, injury or medical purposes and due to player disqualification (2a).

Any substitute made for safety, injury, medical or disqualification (i.e. for any reason not in the normal course of the game), is not an opportunity to insert any other player of the coaches choosing. The next available player, based on the original WHGBL game rotation, will be inserted in the game for the remainder of that 4-minute period of play. If the substituted player is safely able to return to play before the end of that period of play, (except for disqualification), the player who took her spot will come out of the game and the original WHGBL rotation for that game will continue as originally submitted. If the substituted player is able to safely return to play at any later time after the substitution, that player will be allowed to return in accordance to the original WHGBL rotation submitted at the beginning of the game.

c) All players are required to play an equal amount of time in each game within reason. No player shall play 1/8th more/less than any other player on the team. "AAU Rotation" now termed "WHGBL Rotation", is in effect. See specifics (+) below. Coaches are responsible for monitoring playing time and adhering to this policy in the interest of sportsmanship and fair play. Coaches, who fail to adhere to the WHGBL Rotation, are subject to punishments set forth by the disciplinary committee. Violators can be subject to a league suspension, game suspension, a forfeit of the game in question.

d) All game rules and code of ethics violations will be reviewed by the WHGBL committee.

e) Each team is allowed (2) one-minute time-outs per half. A maximum of (2) time-outs can be used in any half of play. (Both time-outs are lost if not used in the first half). Unused time-outs are lost, no carryovers to subsequent periods.

f) Halftime should last no longer than 5 minutes and 30 seconds between quarters.

g) The W.H.G.B.L. will appoint and provide one (1) official timekeeper and one (1) official scorer to operate the clock and keep the official scoring book during the game.

h) The head coach of each team will provide the scorer's table with the "WHGBL roster sheet". The "W.H.G.B.L. Rotation sheet" will be given to the coaching staff of the opposing team prior to the start of each game.

h) If the score is tied at the end of regulation, a 2-minute overtime(s) will be played, starting with a jump ball at the center circle until a winner is determined. One time-out is granted per team per overtime with no carryovers. Note: As in regulation play, the rotation of players continues without any deviation to the rotation submitted prior to the official start of the game during any and all overtime periods. (See, 1. b.).

## 2) Fouls and Player Disqualifications

a) Any player assessed 5 fouls or 2 technical's in a game is disqualified for the remainder of the game. Rule clarification: This is not a time to rotate in your more experienced players. The next available player based on the WHGBL rotation will be inserted in the game for the remainder of that 4-minute period of play. See rule 1b.

b) Foul shots: A bonus of 1 and 1 will be awarded beginning on the 7<sup>th</sup> team foul per half. Two shots will be awarded on any "shooting" fouls and beginning on the 10th team foul per half. Note - Team fouls carry over into the overtime period(s).

c) Any player or coach assessed 2 technical fouls in a game is ejected from that game and is automatically suspended from any bench activity/appearance for the next scheduled game. The Head Coach of the penalized team is responsible for communicating the infraction to the League President to ensure the suspension is carried out.

3) Violations: All CIAC rules apply including the offense has 10 seconds to advance the ball over mid court. The exception to the CIAC rules are listed below:

a) Man to man defense only. No zone defense is allowed at anytime during the game.

## 4) Other

a) No backcourt defensive play is allowed in periods 1, 2, and 3. During periods 1, 2, and 3 once the defensive team has secured possession of the ball, the former offensive team must retreat beyond the mid-court line to begin defensive play.

b) Backcourt defensive pressure is restricted to the 4th quarter and overtime periods of play only. No pressing is allowed if the team is up by greater than 15 points.

## 5) Play-offs

a) The top 4 teams will make the play-offs. The highest seeded team in a bracket will always play the lowest seeded team in a bracket.

## 6) Braces - Casts – Guards

NFHS Basketball rule Section 5 Article 2 states:

a) Guard, cast or brace made of a hard and unyielding substance, such as, but not limited to leather, plaster, plastic or metal shall NOT BE WORN on elbow, hand, finger/thumb, wrist, or forearm even though covered by soft padding.

b) Hard and unyielding items (guards, casts, braces, ect) on upper arm or shoulder must be padded with a closed-cell slow recovery foam padding no less than ½ inch thick.

+ "WHGBL Rotation" is in effect.

- If 8 players available, number players 1 — 8. Players 1 — 5 begin game. At first substitution, players 6 — 8 and 1 & 2 are inserted. *At next substitution, players 3-7 are inserted.* Follow this pattern for the remainder of the game. *Result: all players play 5 sessions NOT INCLUDING OT.*

- If 9 players available, number players 1 — 9. Players 1 — 5 begin game. At first substitution, players 6 — 9 and 1 are inserted. *At next substitution, players 2-6 are inserted, then 7,8,9,1,2 are inserted.* Follow this pattern for the remainder of the game. *Result: players 1-4 will play 5 periods and players 5-9 will play 4 periods-NOT INCLUDING OT.*

- If 10 players available, number players 1 — 10. Players 1 — 5 begin game. At first substitution, players 6 — 10 are inserted. Follow this pattern for the remainder of the game. All players play 4 sessions *NOT INCLUDING OT.*

- If 11 players available, number players 1 — 11. Players 1 — 5 begin game. At first substitution, players 6 — 10 are inserted. At the next substitution, players 11 and 1-4 are inserted. Follow this pattern for the remainder of the game. *Result: players 1-7 play 4 periods and players 8-11 will play 3 periods-NOT INCLUDING OT. As further example, the first OT would start with players 8-11 and player 1 assuming no substitutions for injury, medical etc as in rule 1b.*

If more or less team members are available for play *than in these examples*, please format in the manner described above and follow this pattern for the remainder of the game *including any overtime periods.*

*As an example of a game with a rule 1b substitution: team starts 9 players and #3 is injured in period 3 (first 4 minutes of the 2<sup>nd</sup> qtr).*

*Players 2-6 should have started that period. Player 7 replaces player 3 for the remainder of that period. Period 4 starts with players 7-9, 1 & 2. If player 3 can't come back, the second half opens up with players 4-8 and continues from there in the WHGBL rotation for the remainder of the game including any OT.*

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